
245.65

Substance Abuse Screening and Referral

Overview

Policy

Pregnant or breastfeeding women must be provided written information about the dangers of using tobacco, alcohol, and street drugs (including methamphetamine) during pregnancy and lactation. Refer women who admit to using harmful substances for further counseling and treatment.

WIC personnel are strongly encouraged, but not required, to provide written information to all parents and caretakers who report substance use and/or abuse in their immediate family and have infants or children enrolled in WIC.

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Effective Screening and Counseling for Substance Use

Introduction	Providing information about the dangers of using drugs and other harmful substances requires a sensitive and caring approach to be effective.
Screening effectively	<p>Follow these guidelines for effective substance abuse screening:</p> <ul style="list-style-type: none"> • Have a non-judgmental, accepting, and concerned attitude to gain client trust. • Be alert to clues of substance abuse during the nutrition interview. • Ask the least threatening questions first.
Counseling	<p>Discuss the dangers of drugs, alcohol and tobacco for the mother and the baby using a positive approach. Remember that the use and manufacture of methamphetamine poses dangers for the entire household. The fumes contain psychoactive chemicals and lead and there is a significant risk of explosions.</p> <p><u>Example</u> Say, "If you stop drinking you have a better chance of having a healthy baby." Do not say, "Your drinking has already damaged your baby."</p>
Sources for educational materials	<p>The state WIC office distributes several brochures on the topic of substance (see Policy 340.15 for information about ordering these materials). The table below lists other sources for educational materials on this topic.</p>

Agency	Location	Phone Number and Website
March of Dimes	Cedar Rapids	(319) 247-5643 www.marchofdimes.com/iowa
Iowa Substance Abuse Information Center (ISAIC)	Cedar Rapids	(319) 398-5133 http://healthclrhse.drugfreeinfo.org
USDA Substance Use Prevention: Screening, Education and Referral Resource Guide for Local WIC Agencies	WIC Works Resource System	https://wicworks.fns.usda.gov/

Note: Quality materials are also available from other organizations.

Making Referrals for Substance Use

Introduction	Effective referrals require readiness on the part of the participant and knowledge of community resources by WIC personnel.
Making a referral	<p>If screening indicates substance use, ask the participant about making a referral. If the participant is interested, use the Authorization for Release of Information form. The participant must specifically authorize the release of information about substance abuse.</p> <p><u>Example</u> “Would you like to talk to someone about your smoking/alcohol/drug use?”</p>
Infant referrals for substance exposure	When the nutrition interview indicates that an infant was exposed to illicit drugs prenatally, make referrals to health, social service and education agencies as appropriate. Follow up on these referrals in the same way as other referrals.
Referral directory	WIC agencies may search for community-based substance abuse services from this Web site — www.drugfreeinfo.org .
List of area programs	Develop a list of all substance abuse referral programs in your agency’s area and distribute it to clients as needed.
Outreach to area programs	Outreach efforts to local substance abuse program directors should include, at a minimum, phone contact and a copy of the pamphlet, <i>How You Can Help Your Clients</i> .

Referrals for Tobacco Cessation

Introduction	<p>Women participating in the Iowa WIC Program may have a need for tobacco cessation services but not have knowledge or access to appropriate resources. Referrals for tobacco cessation are strongly encouraged for all participants, especially pregnant women.</p>						
Policy	<p>If a participant expresses any health related concerns involving them, their pregnancy, or family members related to tobacco use or cessation needs, WIC staff should convey the availability of cessation services provided by the state of Iowa or community-based agencies.</p>						
Quitline Iowa	<p>Quitline Iowa is a tobacco cessation program funded by the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Quitline Iowa is a toll free, statewide smoking cessation telephone coaching hotline. The hotline is staffed with trained coaches ready to provide:</p> <ul style="list-style-type: none"> • Information about the health consequences of tobacco use • An individualized quit plan • On-going support through optional follow-up phone calls, and • Nicotine replacement therapies (NRT). <p><u>Note:</u> Web coaching also exists and provides the same services.</p> <p>Quitline Iowa also provides specialized services for pregnant tobacco users; youth 12-17 years old; older tobacco users; smokeless tobacco users; and racial/ethnic populations. Services are provided in English and Spanish but can also be provided in approximately 150 different languages. For more information, go to www.quitlineiowa.org.</p>						
Quitline Iowa referrals	<p>The table below provides information about making referrals to Quitline Iowa.</p> <table border="1"> <thead> <tr> <th>IF the referral is ...</th><th>THEN ...</th></tr> </thead> <tbody> <tr> <td>Verbal</td><td> Provide the toll free number: <ul style="list-style-type: none"> • 1-800 Quit Now (1-800-784-8669) • The hotline is staffed 24 hours a day, 7 days per week. </td></tr> <tr> <td>Written</td><td> Complete the fax referral form found at: www.quitlineiowa.org/providers_partners/default.asp </td></tr> </tbody> </table>	IF the referral is ...	THEN ...	Verbal	Provide the toll free number: <ul style="list-style-type: none"> • 1-800 Quit Now (1-800-784-8669) • The hotline is staffed 24 hours a day, 7 days per week. 	Written	Complete the fax referral form found at: www.quitlineiowa.org/providers_partners/default.asp
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Referrals for Tobacco Cessation, Continued

Medicaid coverage for tobacco cessation

Medicaid recipients age 18 years and older are eligible for smoking cessation programs if referred by their healthcare provider. Covered services include:

- Over-the-counter nicotine replacement patches, gums, lozenges; generic bupropion sustained-release products that are FDA-indicated for smoking cessation, and Chantix.
 - All covered medications with the diagnosis of nicotine dependence and confirmation of enrollment in Quitline Iowa for counseling. A Medicaid Prior Authorization form must be signed and faxed by a health care provider with prescription authority to Quitline Iowa to initiate enrollment in coaching. Prior authorization forms may be downloaded at www.iowamedicaidpdl.com
 - Quitline Iowa will follow-up with the member and assess the member's smoking cessation needs. Following this initial consultation, Quitline Iowa will submit prior authorization requests to the Iowa Medicaid Enterprise for coverage of the necessary smoking cessation products. In the event that the member chooses to dis-enroll from the Quitline Iowa program, all approved prior authorizations will be cancelled and notification will be faxed to the provider and pharmacy, while a letter will be mailed to the member.
 - The maximum allowance duration for therapy for nicotine patches, gum, and lozenges is 12 weeks within a 12 month period. For patients using Chantix or Bupropion, the duration of therapy is initially limited to twelve weeks within a twelve-month period. For patients who have successfully stopped smoking at the end of 12 weeks, an additional course of 12 weeks of treatment will be considered with a prior authorization request. The maximum duration of approvable therapy is 24 weeks within a twelve-month period.
 - Intensive smoking cessation coaching lasting more than 10 minutes in an office setting. Applies to: Physicians, Advanced Registered Nurse Practitioners, Certified Nurse Midwives, Federally Qualified Health Centers, and Rural Health Clinics will be reimbursed for smoking cessation counseling.
 - IowaCare members are required to meet the same requirements to obtain smoking cessation drugs as Medicaid members. This includes prior authorization, duration and quantity limits, and a copayment of \$1.00 per smoking cessation prescription, including refills.
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Document referrals

Document written referrals in the participant's record in the WIC data system. The data system can also be used to generate reminder messages to follow-up on referrals. Staff is also strongly encouraged to document verbal referrals.

Staff Training and Resources

Introduction	WIC personnel need information and training in order to effectively identify and refer participants with substance use problems.
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Training	Staff will feel more comfortable addressing substance abuse issues with participants if they participate in local training events and review other resources. An online training, worth 1 CEU, for healthcare providers and allied healthcare providers regarding the 2A's and R is available at www.iatobaccointervention.org . These training events and resources are allowable WIC expenditures.
